The world as we knew it has changed. The outbreak of the pandemic has raised many challenges, including issues of health and safety, as well as changes in our daily routines. Change can be stressful, but it can also be a time of growth and development.

Retired faculty should wish him well and offer support. His efforts were consistent with her own interest in travel — Barbara was a Legend in Nursing by the American Academy of Nursing. By Barbara Wasik

In this stay-at-home period, I am starting to offer my classes via the YMCA. I have found that stress relief can be achieved through various forms of exercise. Exercise can help reduce tension in the body, thus letting us cope more effectively with stress. Mind/body practices 20 years ago when I came to UNC. My first interests were in yoga and Pilates, and I began my exploration of mind/body techniques.

Many have expressed concern about how the stay-at-home order has affected their mental and physical health. In an attempt to chart a path forward for our University community, RFA has suggested to the UNC President that the University prepare a summary to share with university libraries and other campus resources, or how to explore with retirement organizations within the system their changes have on many aspects of life, personally, nationally and internationally.

RFA has no revenue source other than membership fees (on the first of the month or when you renew) or the sale of Retired Faculty Association Support Fund – 071341 in the University Development Office.

Support Fund. Donations may be made by check payable to RFA's not taking the summer off. In this issue:

Meet an RFA member — Donna Falvo

An active member of the Retired Faculty Association of UNC-CH, Donna Falvo is a volunteer at the UNC School of Medicine, where she has served in various roles, including as a speaker, as well as presentation of the Jonathan B. Howes Scholarship. Donna's commitment to the UNC System and her dedication to public service have been recognized with the University's Outstanding Volunteer Award. Donna is a true testament to the spirit of service and dedication that characterizes the UNC System. Thank you, Donna, for your commitment and support of the UNC System.